DOCUMENT RESUME

ED 144 939 SP 011 765

AUTHOR	Gunden, Ruth
TITLE	Skiing, October 1977-October 1978. NAGWS Rules.
INSTITUTION	American Alliance for Health, Physical Education, and Recreation, Washington, D.C. National Association for Girls and Women in Sport.
PUB DATE	Oct 77
NOTE	36p.; Not available in hard copy due to marginal legibility of the original document
AVAILABLE FROM	AAHPER Promotion Unit, 1201 16th St., N.W., Washington, D.C. 20036 ($1.50)
EDRS PRICE	MF-$0.83 Plus Postage. HC Not Available from EDRS.
DESCRIPTORS	Athletics; Guidelines; *Lifetime Sports; *Physical Education; Recreation; Recreational Activities; *Womens Athletics
IDENTIFIERS	Regulations; *Skiing

ABSTRACT

This booklet contains the rules governing competitive skiing as defined by the National Association for Girls and Women in Sport, an educational organization designed to serve the needs of participants, teachers, coaches, leaders and administrators in sports programs for girls and women. Topics covered include: meet organization, race officials, general competitive rules, timing, computation of results, protest and appeals, and special rules for slalom, giant slalom and cross-country. (JD)

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National Association for Girls & Women in Sport

GWS

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NAGWS rules

Skiing

OCTOBER 1977 – OCTOBER 1978

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NATIONAL ASSOCIATION FOR GIRLS
& WOMEN IN SPORT
American Alliance for Health,
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Published by the

AMERICAN ALLIANCE FOR HEALTH,
PHYSICAL EDUCATION, AND RECREATION

1201 Sixteenth St., N.W. Washington, D.C. 20036

NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

The National Association for Girls and Women in Sport is a non-profit, educational organization designed to serve the needs of participants, teachers, coaches, leaders and administrators in sports programs for girls and women. It is one of seven associations of the American Alliance for Health, Physical Education, and Recreation.

PURPOSE

The purpose of the National Association for Girls and Women in Sport is to foster the development of sports programs for the enrichment of the life of the participant.

BELIEFS

The National Association for Girls and Women in Sport believes that:

Sports are an integral part of the culture in which we live.

Sports programs are a part of the total educational experience of the participant when conducted in educational institutions.

Opportunities for instruction and participation in sports appropriate to her skill level should be included in the experience of every girl.

Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

Competition and cooperation may be demonstrated in all sports programs, although the type and intensity of the competition and cooperation will vary with the degree or level of skill of the participants.

An understanding of the relationship between competition and cooperation and the utilization of both within the accepted framework of our society is one of the desirable outcomes of sports participation.

Physical activity is important in the maintenance of the general health of the participant.

Participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relationships.

FUNCTIONS

The National Association for Girls and Women in Sport promotes desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating, and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by –

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitation of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.

2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

All requests for information about services should be addressed to: Executive Secretary, National Association for Girls and Women in Sport (NAGWS), AAHPER, 1201 — 16th Street, N.W., Washington, D.C. 20036.

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OFFICIAL SKI RULES
OF THE
NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT
1977-78

NOTE: Rules which have been reworded or clarified are designated by a check (√). Changes and/or additions in rules have been indicated by **shading.**

RULE 1. MEET ORGANIZATION

Section A. Types of Competition. The events held in a meet shall be giant slalom, slalom, and cross-country. Downhill is not recommended for interscholastic and intercollegiate ski meets.

Section B. Meet Committee (Non-Technical Details).

1. Personnel. A representative Meet Director of the institution that has been granted a sanction to run a meet shall, in consultation with proper authorities of that institution, appoint a Meet Committee of such size and organization as deemed necessary.

2. Duties. This committee shall be responsible for the non-technical details of the meet, preliminary notices, entries, drawing lots, meet organization, medical attention, communications personnel, etc., and act in accordance with the proposed official skiing rules or modifications as deemed necessary by the Race Committee.

   a. Advance Announcements. At least two weeks in advance, the host institution of a meet shall prepare and distribute to eligible teams, a detailed statement of the location of each event to be held, the times of each event, as well as additional information on housing, feeding, and any special problems, e.g., transportation, that may be foreseen.

   b. Running Orders. A printed sheet containing the following information must be displayed for a meet by the host institution:

      1) The names of officials (and their place of residence during the meet).

      2) The starting time and starting place of each event with instructions directing competitors

to the location of parking areas, lunch facilities, aid stations, and starting points.

3) A list showing the starting order and home institutions of each contestant.

c. The Draw. The coach shall submit the starting order of the team (each event) to the Meet Committee. The names of the team are drawn by lot. The coach has the option of passing any round if the team is below maximum.

Separate drawing shall be made in five rounds for each event. If there are extra competitors for an event, there shall be six draws.

The host school will pre-draw for all entered teams for the three events before the meet begins.

If competitors are running three events, no race shall be held after the cross-country event unless there is an overnight.

Section C. Race Committee (Technical Details).

1. Personnel. The Race Committee shall consist of a chairperson (Meet Director) and at least two other members from the sponsoring institution. The technical delegate, referee, chief of course, sometimes referred to as the Jury, shall vote only on matters dealing with location of courses, protests, rules, and penalties, or cancellation, discontinuance, or postponement, and only on matters arising out of the particular event with which they are connected in an official capacity.
2. Duties. The Race Committee shall be responsible for all technical aspects of the competition including the selection and preparation of the courses. The Race Committee appoints all officials, determines that the competition is run in accordance with the official rules, handles grievances of competitors and, on advice of coaches of teams involved, decides whether a competition shall be cancelled, discontinued or postponed. The Jury rules on all protests and the Committee handles all matters not otherwise prescribed.

Rule 1. Meet Organization

a. Postponement or Discontinuance of an Event or Meet: Final authority for the postponement or discontinuance of an event or events shall be the responsibility of the Jury with a veto power by a majority vote of the coaches present. In the event of extenuating circumstances, the technical delegate may assume this authority. However, postponement or discontinuance of any event may immediately and temporarily be called by the host coach of the meet, in order to allow a final decision by the above Race Committee to become effective.

1) Grounds for discontinuance may include rapid deterioration of visibility below the point where it is possible to pick out direction or control flags or to judge the gradient of the slope or where the injury of a contestant requires immediate removal and the race course is the only route available for transportation. Course conditions that are hazardous to the safety of the competitor may be grounds for discontinuance. If the start and the finish of a giant slalom course are not connected by wire or radio communication, the responsibility for discontinuance of a race after it has started rests with the Jury and start and finish referees.

2) Temporary Discontinuance: The decision to discontinue a race may be final or provisional. The results shall stand if it is possible to complete the discontinued event on the same day. If not, the times of the contestants who have completed the course shall be annulled. In the case of events scheduled to be run in two or more parts (i.e., slalom) and if all are not completed, then the results of the event shall be based on the results of the completed parts.

3) Postponement: In the event that it is impossible to complete the scheduled events within the advertised dates, then the events may be carried over to the following day.

The title of National Collegiate Team Champion for a year will not be awarded unless all scheduled events are held.

b. Calling of Race Committee Meeting:
   1) At least 12 hours prior to the scheduled meeting of the Race Committee, a notice shall be posted on the official-notice board selected by the Committee and known as the official-notice board, or
   2) Within 30 minutes following the conclusion of any event, a notice shall be posted on the official-notice board if the Committee meeting is called to consider protests or other emergency matters arising out of the race, or
   3) Every member of the Committee is personally notified.

c. Orientation Meeting: The Race Committee shall conduct an orientation meeting for representatives of all competing teams prior to the first event of the meet, preferably the evening before. The meeting shall be designated as the official opening of the meet. At this meeting, the representatives shall be notified of any changes in previous instructions, methods of starting and timing, marking and description of the courses, meeting places to register, protests and any other pertinent information. This meeting shall be the last time changes may be made, unless a competitor is injured in one event or becomes ill. In this case, substitution of another member of the original duly-entered team may be made. Failure to follow these procedures will result in disqualification of the racer.

RULE 2. RACE OFFICIALS

Section A. Meet Director (Chief of Race). The Meet Director shall ascertain that all the officials know their specific duties and Jury locations throughout the meet,

supervise the draw, conduct a meeting of team representatives, and generally act as head official in the absence of Jury structure, and shall usually be chairperson of the Race Committee.

Section B. Technical Delegate.

1. Selection: It is desirable that the Technical Delegate be a person recognized as an authority on ski meet organization and the application of competitive rules, and impartial to the interests of any and all competing teams.
2. Duties: The Technical Delegate shall be responsible for announcing or making known to the competitors any special conditions imposed by the Race Committee, or interpretations on situations not specifically covered by the rules. The Technical Delegate may: approve a substitute for a particular event; replace officials who prove to be unqualified; and admonish teams or contestants who do not follow the racing rules, or who refuse to follow the rules of the officials. The Technical Delegate shall be appointed by the Race Committee and shall be impartial to the interests of any team.

Section C. Chief of Course. The Chief of Course shall have charge of and assign duties to those individuals connected with the course such as: course setters, gatekeepers, forerunners and ski patrol. The Chief of Course shall be responsible for laying out the course and placing control gates on the slope approved by the Race Committee, relative to the safety of the contestants and the intent of the race, and shall be responsible for the preparation and maintenance of the course both before and during the race.

Cross Country: The Chief of Course shall be responsible for the prompt and correct preparation and marking of the course, suitable placing of the controls, temperature measurements, fencing of the course, first aid posts, intermediate timing and refreshment stations. The main task of the Chief of Course, both before and during the race, especially if the weather and snow conditions are bad, shall be to

use the course preparation group and the forerunners to ensure that the course is in the best possible condition during the whole race. In collaboration with the starter, the Chief of Course must send a course-closer around the course after the last competitor.

Section D. Referee. For each of the three events, a Referee shall be drawn by lot from the name of one coach from each participating team. The host school shall be ineligible. The Referee shall be responsible for checking the preparation and safety of the course and shall serve as a member of the Jury.

Section E. Chief Timer. The Chief Timer shall be responsible for all phases of timing from the start to the finish and the calculation of elapsed time. The Chief Timer shall be responsible for the assignment of duties to those individuals concerned with timing, such as the chief starter, finish referees, timers (at least two in addition to the chief timer), recorders and calculators. It shall be the Chief Timer's duty to see that the watches are regulated and synchronized and that times are properly recorded.

Section F. Starter. The Starter shall be responsible for having the starting list and the proper use of warning and starting signals, and for the Assistant Starter, who ensures that the contestants are at the starting line in their proper order and in ample time. Unless electrical timing is used, the Assistant Starter shall serve as start referee.

Section G. Recorders. There shall be a recorder for each time. The recorders working with the times and finish referee (who identifies the contestant and her finish) are responsible for recording the finishing times of each racer provided by the timers. The recorders shall repeat back to the timer the time given in order to avoid errors.

Section H. Chief Gatekeeper. The Chief Gatekeeper shall be responsible for all gatekeepers, training them in their duties, if necessary. The Chief Gatekeeper shall assign them to their stations, and at the completion of each

run, shall pick up the penalty cards from each gatekeeper, turning these into the Referee within 15 minutes of the conclusion of the race. (If there are disqualifications, the gatekeeper reports, in person with the Chief Gatekeeper, to the Referee). The race may not start until the Chief Gatekeeper indicates to the Chief Timer that the gatekeepers are properly posted.

Section I. Gatekeeper. Each gatekeeper shall be responsible for no more than four gates and must be able to maintain them. The gatekeepers must know and maintain the rules of competition and be in a position to clearly observe these gates to such an extent that there is no question as to whether a contestant passed properly through a gate. Each gatekeeper's jurisdiction begins when the contestant passes through the last gate above the highest gate and terminates when the racer passes through the last gate of the gatekeeper's control.

Proper passings through a gate requires that both feet cross the imaginary line between the poles of the gate. A racer is disqualified if she fails to cross the line with both feet. She is permitted to pass this imaginary line in either direction, even by moving backwards.

A gatekeeper may speak to a contestant only after the contestant has spoken to the gatekeeper. The gatekeeper may reply one of two things: "Go on" or "Back", whichever is appropriate to the situation.

At the conclusion of the race, the gatekeepers remain at their posts until the Chief Gatekeeper picks up their penalty cards, which have been signed and include diagrams and number of gates covered by each gatekeeper. If a gatekeeper records a disqualification, that gatekeeper must accompany the Chief Gatekeeper and report the exact circumstances to the Referee.

Section J. Ski Patrol. An adequate ski patrol and first aid service shall be available.

RULE 3. GENERAL COMPETITIVE RULES

Section A. **Participants. Participants must meet the standards and regulations of AIAW, schools, and leagues in which they are competing. They shall know and agree to abide by the rules. Rules: NAGWS rules will be the official rules for AIAW National Championships. If any rule is not specified in the NAGWS Skiing Rules, FIS rules will apply.**

Section B. The Start.

1. Appearance for Start. A competitor must report for the start in good time. A warning will be given in due time to each competitor before she is due to start.
2. Method of Start. In giant slalom and slalom, no competitor shall start before the previous competitor has completed the course, retired or been disqualified, except in extreme cases over long courses where the race committee may resort to and establish starting intervals.

   In cross country, competitors start one at a time at intervals of 30 seconds.
3. Start signal. The starter shall give every competitor a warning ten seconds before the start: "Racer Ready." When the competitor may start, the starter shall say "Ready . . . Hup." The "Hup" is said when the racer breaks through the wand. The backup timers start the watches on "Hup."

   Cross Country. The starter gives every competitor the warning "Attention" ten seconds before the start. Five seconds before the start, the starter counts: "5-4-3-2-1 GO!" If electric timing is used, the exact starting time of a competitor shall be accepted if between three seconds before and three seconds after her start list time.
4. Starting Position. If electric timing is used, the start is made when the contestant's body breaks the contact, but the contestant, prior to breaking the contact, shall come to a complete stop. The gate for electric timing shall be just 18" or just below knee height, with the contestant placing

both poles over the gate. In no instance will a "Running Start" be allowed. Whenever possible, the start will be on a level or nearly level snow platform.

Cross Country. The racer will be allowed to move her feet when she is at the starting line during the countdown. However, a running start is not allowed. At the "GO" signal, both feet must be behind the starting line, but with the poles in front of it.

5. False Start and Late Start. With interval starting, a contestant who is not present at the start at the time advertised in the starting list cannot be replaced by another contestant. A racer guilty of a false start shall be disqualified unless she returns to the starting gate when called back. Time for a false start shall proceed from the proper starting time and shall include the time taken by a false start to return for a correct start.

   Cross Country. A competitor who is not at the time appointed on the official starting list, shall be permitted to start later, but her time will then be reckoned as from the time fixed on the starting list.

   With electric timing, if a competitor starts more than 3 seconds before the signal, this should be considered a false start. She shall be recalled, and again pass an extension of the Start Line outside the electrical starting gate. If she starts more than 3 seconds late, the start list time will count.

   Alpine and Cross Country. If the race committee considers the competitor's late arrival or false start due to extenuating circumstances, the competitor may be permitted to start at the end of the seed, with a new start being granted by the starter.

Section C. The Finish.

The racer must finish the race on at least one ski, but can only ski on one ski the last two gates from the finish. Both feet must cross the finish line. Time is taken when both feet have crossed the line (manual timing) or the contact is broken (electrical timing) by

the competitor's body or equipment, but feet must follow for a legal finish.

RULE 4. TIMING

Section A. Equipment.

Starters' watches shall not be smaller than 1-5/8 inches in diameter across the dial, and they shall be equipped with an hour, a minute, and a sweep second hand, the latter reading to tenths of a second. Timers' watches shall be similar in size to the above, but shall be equipped with a sweep second hand, and a sweep split-second hand recording seconds and tenths of seconds, as well as a separate hand and dial to record minutes. Dials recording 30 seconds in one sweep are not recommended. The master watch shall be a 60-second watch if 30-second watches are used. Microsplit timers and watches which record in minutes and hundredths shall be permitted in cross-country.

Section B. Methods of Timing.

1. Synchronized Watches. Hand timing is the use of watches, one held by the starter, and others by the timers, all watches being synchronized before the start of the race and compared afterward. The racers are started by the starter's watch in accordance with the times shown on the starting list, and timed at the finish line by the timer's watch. The contestant's time is the difference between the time shown for her departure on the official starting list and her recorded time of finish with such corrections made as are necessary by the difference between the starter's and timer's watches upon comparison after the race. Reserve watches shall always be used by all parties to preclude failure.

2. Telephone or Radio. If telephones or radio phones are available for communication between the starting and finishing lines, a modification of hand timing may be employed, the starting signals being given from the finishing line by the chief timer.

3. Electric Timing. Where electric timing is used, both the starting line and finish line must be electrically connected, the contestant's time being the period between the breaking or making of the starting contact and the contact at the finish. The contact to be broken at the finish shall be placed at a height not more than 20 inches from the ground.
4. Failure of Electric Timing. There must be a back-up timing system. If it is not electric, then hand timing must be used. The back-up system must be hand timing in cross country. When the electric timing temporarily fails, the times recorded by hand shall be accepted, and to those times shall be added or subtracted, as the case may be, a time equivalent to the average difference between the times recorded by electric timing and by hand.

   If the electric timing breaks down completely during the race, the times taken by hand throughout the entire race shall be valid.

   The hand timing system must be completely independent of the electric timing system, using independent phases, radios and personnel.
5. Watch Discrepancies. If upon checking synchronized watches at the end of an event a discrepancy is found, this difference shall be considered to have changed at a uniform rate during the period for which the watches were checked. If the timer's watch has gained upon the starter's watch, the correction shall be added to the contestant's absolute time. All corrections made to a contestant's time shall be based on the time the contestant finished. The total discrepancy found when checking watches at the end of a race shall be prorated for each contestant's finishing time in the ratio that the elapsed time from synchronization of the watches to the time of finishing of the contestant bears to the total elapsed time between the synchronizing and checking of the watches. Such elapsed time shall be based on the timer's watch.

If minor discrepancies occur between the corrected recorded times of the time keepers, if uniformly in one direction, the chief timer's record shall be used, while if otherwise the average of the two or more records shall be used. If the discrepancy is large, exceeding five seconds, and uniformly in one direction, the decision as to which set of records to use shall lie with the Referee, or if the Referee deems necessary, the Referee may refer the matter to the Race Committee.

6. Reckoning Times. Times shall be reckoned to the nearest tenth for Giant Slalom and Slalom and to the **nearest second** for Cross-Country when hand times are employed. If electric timing is employed, times shall be reckoned to the nearest tenth or hundredth of a second whichever degree of accuracy is assured. In races, when interval timing is employed, any fraction adjustment must be made for the time recorded.

RULE 5. COMPUTATION OF RESULTS

√Section A. Team Score: Slalom, Giant Slalom, Individual Cross-Country

The team score shall be the points earned by not more than its best three finishers in each event.

Section B. Points Awarded for Places.

Points are awarded by place, and the number of places scored will be determined by three times the number of teams entered in the competition. If, for example, there are ten teams entered in the meet, points will be awarded thirty competitors such that the first-place finisher will receive thirty points; second, twenty-nine; third, twenty-eight; etc. If there are an uneven number of teams in the three events, for example, 11 teams in cross-country, and 10 teams in alpine events, the base of 11 x 3 or 33 will be used for all events.

Section C. Displacement.

No more than 3 skiers can displace for any team. For example, if there are 10 teams and one team has 4 or

5 finishers in the top 30, the 4th and 5th finishers of that team are not recorded in the team score, and the next finishers move up into scoring position.

Section D. **Team Score: Cross-Country Relay**

1. **The number of points awarded to the 1st place team in the relay will be determined by computing the average of the total points awarded to the 1st place team of each of the three preceding events. (Slalom, Giant Slalom, Individual Cross-Country)**

$$\frac{SL + GS + X\text{–}C}{3} = \text{1st place team points}$$

2. **The number of points awarded to the remaining teams will be determined by first computing the race point factor which is determined by dividing the number of points awarded to the 1st place relay team by the number of official teams in the race. (Make-up teams are not counted in regional and National Championships.)**
3. **The number of points awarded to the remaining teams is then determined by subtracting the race point factor from the winning team's points for the 2nd place team, and then subtracting the race point factor from the 2nd team's point for the 3rd place and so on through all the places.**

Section E. Number of Entries.

No team may enter more than 5 competitors in any event.

Section F. Standings.

1. The final standings of a team shall be the sum of the points earned in each of the events.
2. In the case of a tie between individuals, the points for two places shall be divided between the tying individuals. If two teams have the same number of points at the end of the meet, it shall be declared a tie.
3. A competitor must have an official finishing time or place to earn any points for her team.

RULE 6. PROTEST AND APPEALS

Section A. Protest.

All protests must be reported to the Race Committee in writing within 30 minutes of the finish. In the case of a protest against the decision of a gatekeeper, the protest must be made in writing to the Referee within 10 minutes after announcement of the decision. (The burden of proof shall rest on the participant.) All disqualifications should be posted immediately after the event.

Cross Country. All protests must be reported to the Race Committee in writing within 30 minutes of the posting of the unofficial results.

Decisions on protests are made by the Jury. The Referee should call together those officials deemed necessary. Decisions by the Jury are final.

A protest based on an alleged clerical error in calculating results must be filed in writing before the Race Committee disbands. If such an error has been committed, corrected results shall be published.

Section B. Appeals.

A competitor in Alpine events may appeal to the Referee or nearest member of the Jury upon interference or an error by an official. She must leave the course at the very point where she was obstructed, and may not pass through any further gates. If unable to make a decision at the time of the appeal, the Referee may grant a provisional rerun which will only be counted if the official's evidence confirms the justice of the claim. The competitor may see her time for that run. The provisional time must be accepted, even if it is slower than the first run, if the rerun is upheld.

The participant in cross country who suffers from interference has no basis for appeal.

RULE 7. SPECIAL RULES – SLALOM

Section A. Specifications.

1. Flags.
   a. Red and blue flags must be used.
   b. Colors must alternate on successive gates.
2. Poles.
   a. Poles should be painted red and blue or taped.
   b. Poles shall average 1 inch in diameter and shall extend at least 6 feet above the snow.
   c. Poles should be 9 feet long.
3. Gates.
   a. Gates shall be numbered, starting at the top of the course, but not including the starting gate.
   b. All gates shall be 13-16 feet wide.
   c. The distance from one gate to another shall be no less than 2½ feet.
   d. The starting gate shall measure 2½ feet across.
   e. Gate positions should be marked by colored dye. If there are two courses, different color dyes should be used on each course.
4. The Course.
   a. The course shall be set to allow a minimum of 1 hour for inspection.
   b. The course should consist of 30-75 gates.
   c. The course should be set on hard-packed snow, or salted if necessary during preparation.
5. Forerunners.
   a. There shall be a minimum of 3 and a maximum of 5 forerunners before the first run.
   b. There shall be two forerunners prior to the second run if the course is the same.
   c. There shall be 3-5 forerunners prior to the second run if a new course has been set.
   d. Times of forerunners will be announced to forerunners only.
6. Safety
   a. Safety straps are required.
   b. No racer shall start until the preceding racer finishes or "no finish" is indicated.
   c. **The helmet and safety strap rule may be waived by the jury for safety of the competitor.**

Section B. Competition.

1. Running Order and Seed.
   a. There shall be two runs of the slalom unless conditions do not permit.
   b. **Each seed will be reversed for the second run. The special seed for individuals will also be reversed.**
2. Disqualification. The racer will be disqualified if she:
   a. Is late to the start.
   b. Does not complete the course and finish on at least one ski.
   c. Receives assistance.
   d. Does not legally pass through all gates.
   e. Fails to cross the finish line with both feet.
   f. Shadows the course or passes through a gate while descending the hill on inspection (unless requested to side slip by the proper official).
   g. Fails to wear her bib on the outside of all clothing while inspecting the course.
   h. Runs out of order.

RULE 8. SPECIAL RULES – GIANT SLALOM

Section A. Specifications.

1. Flags.
   a. Red and blue flags must be used.
   b. Colors must alternate on successive gates.
2. Poles.
   a. The poles may be of the same dimension as those used in slalom. (See Rule 7, section A., 2.)
   b. Double pole gates are to be used in giant slalom.
3. Gates.
   a. The gates shall be numbered, starting at the top, not including start gate.
   b. The gates shall be between 13 and 26 feet wide.
   c. The distance from one gate to another (nearest poles) shall be at least 16½ feet.
   d. Gate positions should be marked by colored dye. If there are 2 courses, different color dyes should be used on each course.

4. The Course.
   a. The course shall consist of at least 30 double pole gates.
   b. The actual course shall be set to allow a minimum of 1 hour of inspection.
5. Forerunners.
   a. Three to 5 forerunners shall run the course prior to the first run.
   b. Should a second run be held, 3 forerunners shall run the course.
   c. Times of forerunners will be announced to forerunners only.
6. Safety.
   a. Safety straps are required.
   b. Helmets are required during the race.
   c. There shall be at least a 60-second interval between the starting of each racer.
   d. **The helmet and safety strap rule may be waived by the jury for safety of the competitor.**

Section B. Competition.

1. Running Order and Seed.
   a. There may be one run of over 60 seconds or two runs equaling 90 seconds in giant slalom. This decision is made and announced by the Race Committee.
   b. **Each seed will be reversed for the second run. The special seed for individuals will also be reversed.**
2. Disqualification. The racer will be disqualified if she:
   a. Is late to the start.
   b. Does not complete the course and finish on at least one ski.
   c. Receives assistance.
   d. Fails to give way to an overtaking racer on first demand.
   e. Does not legally pass through all the gates.
   f. Fails to cross the finish line with both feet.
   g. Shadows the course or passes through a gate while descending the hill on inspection (unless requested to side slip by the proper official).

h. Fails to wear her bib on the outside of all clothing while inspecting the course.
i. Runs out of order.

RULE 9. SPECIAL RULES – CROSS-COUNTRY

Section A. Specifications.

1. The Course
   a. A cross-country course should be laid out so as to be a technical, tactical, and physical test of the racers' qualifications. The degrees of difficulty of the course should be in accordance with the level of competition. The course should be laid out as naturally as possible, varying the prescribed differences in height, climbs, flat, and downhill sections to avoid any monotony. Where possible, the course should be laid out through woodland to minimize the effect of wind and sun. In principle, the course should be one-third flat, one-third uphill and one-third downhill. The most strenuous climbs should not come in the first two or three kilometers, nor long demanding downhills during the last kilometers. Downhill sections must be laid out so that they can be negotiated without danger, even on a particularly fast or icy track. Changes of direction should occur before rather than at the end of downhill sections and icy bends; sharp angles and narrow passages should be avoided.
   b. The course may be 3, 5, 7 or 10 kilometers. (For National Championships an individual 7.5 kilometer and a 4x5 kilometer Relay.)
2. Measurement of the Course
   a. The measuring of the course must be done by 100 M tape, with each kilometer marked with clearly visible signs.
   b. The differences in height for the profile map, calculation of the total climb, the difference in height and the maximum climb must be measured as accurately as possible. These figures may be obtained from very exact maps or, even

more accurately, by measurement on the terrain.

3. Marking the Course
   a. Boards, arrows, flags and ribbons are used to mark the course to show the direction of the race.
   b. The marking of the course must be so clear that the competitor is never in doubt as to which direction the track goes.
   c. All trail junctions must be marked with clearly visible arrows to indicate proper direction.
4. Course Preparation
   a. *Before Winter*
      1) The courses must be prepared before the winter so that later they can be raced without danger even with very little snow.
      2) Stones, stumps, roots, brush and similar obstacles must be removed.
      3) The course should be cut wide enough (4 M) for double tracks to be set the entire distance with sufficient room on both sides for passing.
   b. *In Winter*
      1) The course *must* be machine packed well in advance to insure that the ski and pole track will be as hard as snow conditions allow.
      2) Mechanical track setters must be used to set the track on the course.
      3) On sharp corners mechanical track setting should be discontinued and racers skating tracks allowed to develop on the turns.
      4) On fast downhills with corners, the turns should be prepared without tracks.
5. Start-Finish Area
   a. The start and finish line should be illustrated by clearly visible start-finish banners. Electric timing should be used with the starting gate directly over the start line and the photo cells directly over the finish line. A back-up system of mechanical timing should always be used. If at all possible, the finish line should not be immediately after a long fast downhill.

b. The finish must have two parallel tracks for the last 100 M.
c. The timekeepers' area must be protected from the competitors, coaches, press and public.
d. Ski marking should take place in a clearly recognizable pen as near to the start as possible. The start should only be accessible through this marking pen.
e. There should be adequate warm-up tracks in close proximity to the start. The entire Start-Finish area should be well fenced off from spectators.
f. Special areas with good views of the course should be reserved for journalists, photographers, radio and tv people.
g. There must be washroom and lavatories in the vicinity of the Start-Finish area.

6. Training and Inspection
   a. Competitors must be given an opportunity to train and to inspect the course in racing condition.
   b. The course must be open for inspection two days before the race.
   c. Under exceptional circumstances, due to adverse weather conditions, the Race Committee may close the course or limit the hours during which the course may be inspected.
7. Forerunners and Postrunners
   a. No less than two forerunners should be sent out.
   b. In the event of fresh snow, more forerunners will be needed.
   c. The postrunner leaves after the last racer has started. The postrunner notifies the checkers they may leave their posts. The postrunner never passes a competitor.
8. Checkers.
   a. They check off all competitors as they go by. Checkers are at intersections where markings alone may be insufficient to indicate proper direction.
   b. The head checker trains, assigns and is responsible for all checkers.

Section B. Competition.

1. Race Procedure
   a. The competitors must follow the flagged track from the Start to Finish, passing through all control stations. The competitor must complete the course on at least one marked ski, using only her own means of propulsion. The help of pacing along the course or others pushing on uphill sections is not allowed. Pacing should be defined as either a coach, teammate or spectator skiing or running in close proximity, either in front of, beside, or behind the competitor, for 25 meters or more.
   b. During the race both poles may be exchanged but only one ski without outside assistance. A competitor may wax her skis during the race but without assistance from any other person. The competitor has the right, however, to make use of wax or a torch supplied by a coach or teammate but application of wax or use of the torch must be done by the competitor.
   c. A competitor who is overtaken by another competitor *must* give way (get out of the track) at the first demand of "Track", even if the course has two tracks.
   d. Accidents or racers giving up should be reported to the nearest course checker or at the finish.
2. Marking of Skis
   a. Immediately before the start the competitor must enter the marking pen with start number on. A finish referee must be present at the finish line to check that each competitor finishes with at least one of the skis she started with.
3. Method of Start
   a. For the individual race in regular season, regional or National Championship the method of start shall be one competitor every 30 seconds. For regular season or regional meets dual starts may be used at one minute intervals.
   b. Start Signals. The Starter gives every competitor the warning "ten seconds." Five seconds

before the start, the starter counts 5 – 4 – 3 – 2 – 1 followed by the command "GO."

c. Starting Position. The competitor must start with both feet behind the starting line; however the poles may be placed over and in front of the starting wand.

d. Early Start and Late Start. A competitor who makes an early start, when hand timing is used, shall be recalled by the Starter and again pass the starting line.

e. If electric timing is used, the exact starting time of a competitor shall be accepted if between 3 seconds before and 3 seconds after her start list time. If she starts more than 3 seconds before "GO," this should be considered a false start. The starter will recall the competitor and she must pass an extension of the start line outside the electrical starting gate. If a competitor starts more than 3 seconds late, the start list time will count.

f. A competitor who starts late must not interfere with the start of other competitors.

g. Both with electric and hand timing, a competitor's actual start time shall be noted, in case the jury decides that her late arrival was due to "force majeure."

4. Timing

a. Electric timing should be used whenever possible, but always with hand timing as a back-up. If hand timing is used, times will be recorded to the nearest second; if electric timing is used to 10ths of a second.

b. If electric timing temporarily fails, then the hand timing will be valid corrected by the average time difference which develops during the competition between the electric timing and the hand timing. If the electric timing fails frequently, partly or completely during the race, the hand timing shall be valid for all competitors.

5. Publication of Results

a. The unofficial result list shall be posted on the official board as soon as possible after the race,

with the time of posting. The result list becomes official two hours later provided any protests received have been disallowed by the jury.

b. The official result list must contain the starting numbers of the competitors, names of the racers who started but did not finish, the composition of the jury, and the technical details of the course–length, HD (difference in height), MM (maximum climb) and MT (total climb).

6. Disqualification. Competitor shall be disqualified if she:
   a. Does not follow the marked trail or does not pass all course checkers.
   b. Receives unauthorized assistance.
   c. Fails to give way to an overtaking competitor when so requested or clearly obstructs another competitor.
   d. Runs part of the course without skis or finishes with two unmarked skis.
7. Seeding
   a. For teams, the coach must submit a finalized order that the racers will run prior to the orientation meeting the night preceding the race. There will be a separate random draw by school for each seeding group.
   b. Individuals will be placed at the end of each seed in a special seed. No more than one individual from each Region will be allowed in each seed unless there are more than five individuals from a Region.
8. The 4 x 5 Relay Race
   a. Technical Arrangements and Preparations. The technical preparations are the same as for other cross-country competitions with the following additions:
      1) *False Start* – If there is a false start, the starter's assistants, who stand 100 M in front of the start line, respond to the starter's sign by barring the way, whereupon the starter arranges for a new start.

2) *The Start* – The start line is an arc of a circle with a radius of 100 M (the center of the circle is 100M away on the middle track). The individual starting tracks must be 2 M apart and be parallel for the first 100 M, converging over the next 100 M into at least three separate tracks. The first kilometer of the course should not have sharp bends or corners or steep downhills.

3) If there is not enough room for all racers to start along side each other, it is permissible to have two or more rows to start 4 meters behind each other.

4) *Starting Positions* – Starting positions for teams will be determined by the team scores in the cross-country 7½ km event which is held before the relay. The first-place team in that event will start in the middle position in the relay, the 2nd-place team will start immediately to the right of this middle position, the 3rd-place team immediately to the left, the 4th-place team two places to the right, the 5th-place team two places to the left, and so on.

b. The relay exchange zone will be a rectangle 30M long and sufficiently wide to allow numerous teams to exchange at the same time. The zone must be as level as possible, plainly marked and roped off.

c. The handover. The proper exchange is achieved by the racer arriving with a tap of the hand on any part of the next racer's body, while both competitors are in the relay zone. If a handover contravenes the rules, both competitors will be recalled to the exchange zone, where a correct handover must take place before the racer taking over can start.

d. Timekeeping. Times for individual legs of the relay should be recorded. The time is taken when the racer crosses the beginning of the exchange zone.

e. Finish track. The track for the last 500 M before the finish must be double and without

sharp turns and corners. A racer need not give way to an overtaking racer in the last 100 M before the finish.

RULE INTERPRETATIONS

Questions concerning rule interpretations should be directed to:

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